

# Welcome to Triumph Pilates & Neuro Studio

We're so glad you're here! Our private studio is designed to give you a safe, supportive space where every session is tailored just for you. To help keep your experience enjoyable and effective, please review the following guidelines:

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## Health & Safety

- Please complete and update your intake form before starting.
- Share any changes in your health, injuries, or conditions with your instructor.
- We are not medical professionals—always consult your doctor before starting or changing your exercise routine.

## Studio Etiquette

- Arrive on time so we can make the most of your private session.
  - Wear comfortable clothing that allows movement (avoid zippers, belts, or jewelry).
  - Grip socks are required for safety and hygiene. If needed, we offer them for sale
- Please silence your phones during your session so we can stay focused on you.

## Session Policies

- Sessions are by appointment only.
- A 24-hour cancellation notice is required; missed or late-canceled sessions may be charged in full.
- Packages and sessions are non-refundable and non-transferable.

## Studio Environment

- The studio is reserved exclusively for you during your session. Please respect start and end times so the space is ready for each client. Water bottles are welcome; no food or other drinks in the studio.

## **Personal Responsibility**

- Listen to your body and communicate openly throughout your session.
- Let your instructor know right away if something feels uncomfortable.
- Participation is at your own risk; please follow the instructor's guidance to ensure safety.
- Clients must arrange reliable transportation or a private ride to be promptly picked up at the end of their session

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**Our goal is to create a calm, supportive space where you feel empowered to move with strength, mobility, and confidence.**

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